

Focus on Foods

Miss Brown

Phone: 841-8300 x2067

Email: jbrown@shrewsbury.k12.ma.us

Mission Statement Expectations:

- Fulfill individual academic potential. (1)
- Develop critical and creative thinking skills. (2)
- Develop competency in the use of information and technology. (5)
- Demonstrate effective reading, speaking, writing and listening skills. (7)
- Participate in collaborative and cooperative learning. (8)
- Demonstrate self-discipline and personal responsibility for learning. (9)
- Demonstrate a respect for individual abilities, diverse cultures, and world languages. (12)
- Pursue areas of involvement to fulfill individual potential. (13)

Course Objective: To identify, understand and evaluate the food choices we make in relation to our health and nutrition. Basic food preparation techniques will be explored with an emphasis placed on safety and sanitation in food preparation.

Units of Study:	Equipment	Yeast Breads
	Following Instructions	Pastry & Pies
	Safety & Sanitation	Fruit & Vegetables
	Basic Nutrition - Food Pyramid	Meal Planning
	Eggs and their functions	
	Quick Breads	

Grading:	Participation and cooperation in foods lab	40%
	Quizzes, tests, and assignments	40%
	Final Exam	20%

Expectations:

- Arrive to class on time and be prepared to work.
- Remain attentive to the task at hand during the full period.
- Be considerate of the rights and feelings of others.
- Respond promptly to instructor's directions.

- You are expected to take notes during the lecture portion of the class. These notes are designed to supplement lab experiences and will be instrumental in studying for tests and quizzes.
- All handouts, papers, and exams should be kept in an organized folder with class notes. Folders will be kept in the classroom in a space designated for your class.
- Homework is expected to be passed in on the announced due date. Late work will receive a 10% reduction for each day it is turned in late.
- If you are absent it is your responsibility to find out what work you missed. It is expected that make-up work will be completed within one week of your return to school. Missed lab experiences may be made up by completing a nutrition article review.
- Students will be required to sample all recipes made in class unless they present the teacher with physician's documentation of a food allergy. If a student does not comply, lab points will be deducted.
- Swearing and foul language are not permitted in class.
- Gum Chewing is not permitted in class.